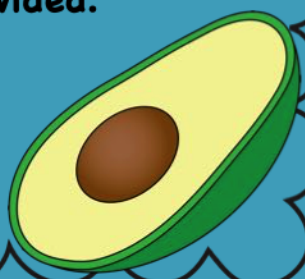
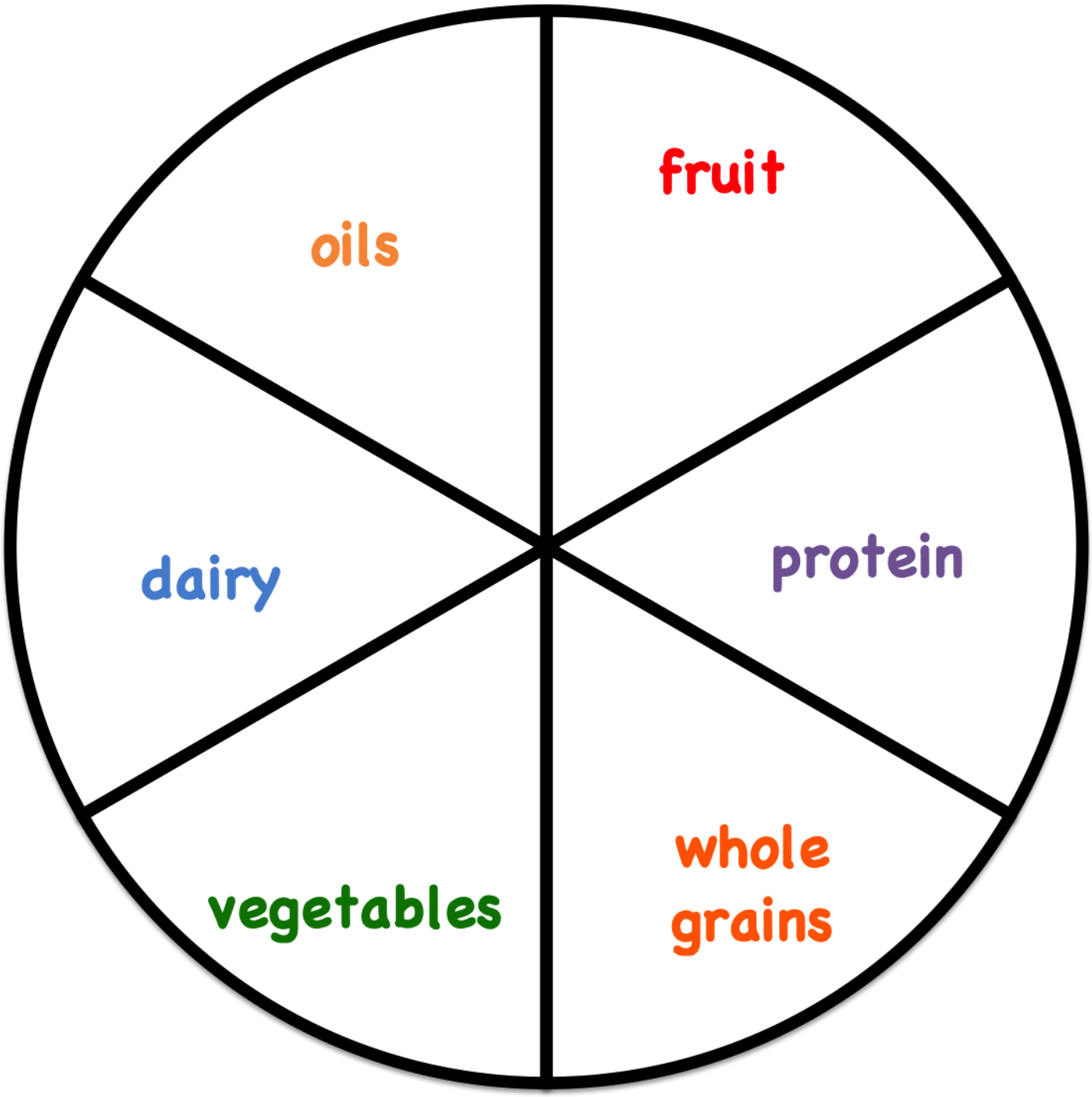
My Food Plate

Play the *My Food Plate* game to practice identifying food groups and learning about the new "My Plate" food pyramid suggestions.

Each player needs a plate to fill with foods. The object of the game is to fill your plate with the necessary portions of each food type. Half of your plate should be filled with fruits and vegetables, and the other half consists of a whole grain, protein, a serving of dairy, and very small portion of oil. To play, spin the spinner to land on a food group. Select a food card to match that group and place on your plate. If you land on a food that is already filled, your turn is skipped. Play continues until one player has successfully filled their plate!

After playing, complete the worksheet provided.




fruit
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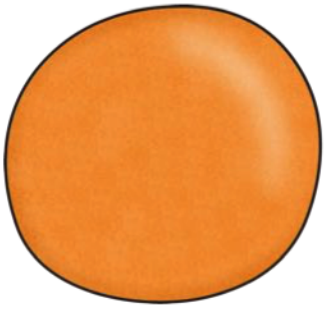

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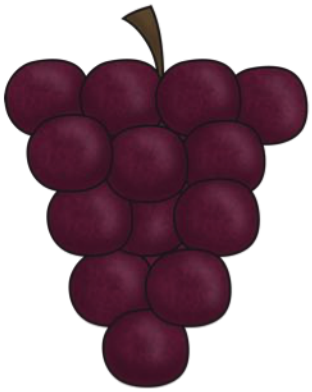

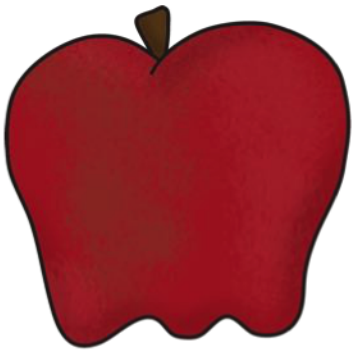

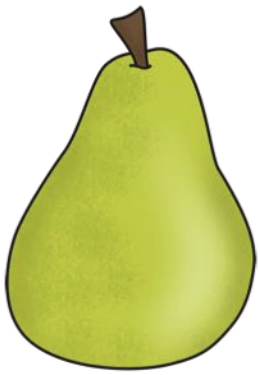

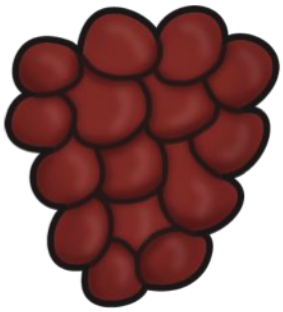

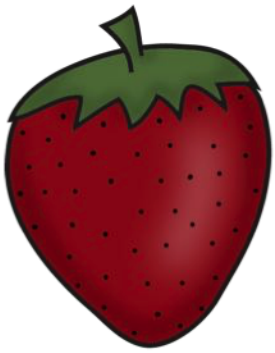

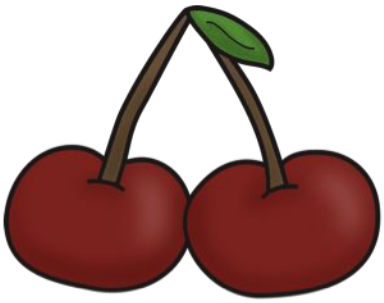

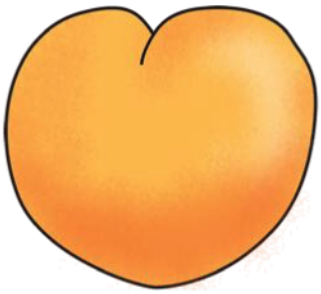

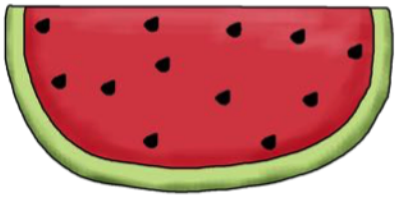

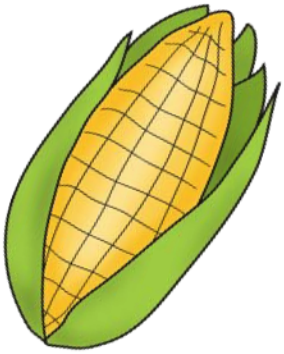

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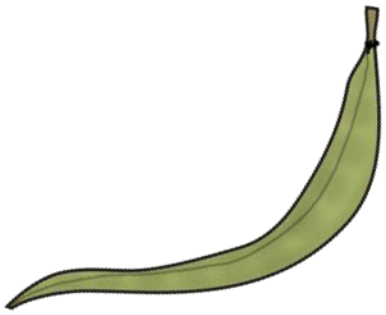

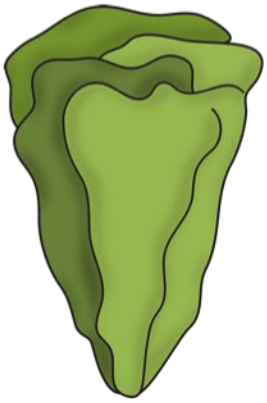

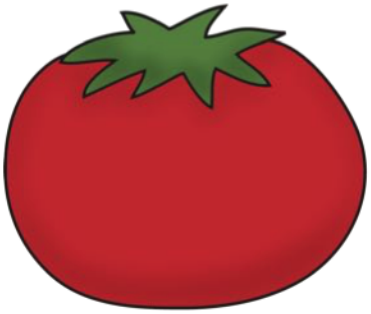

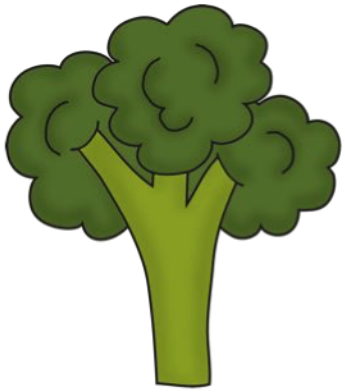

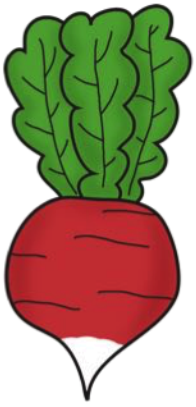

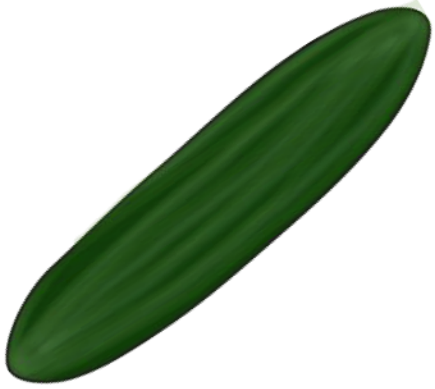

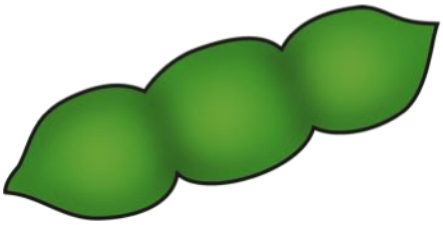

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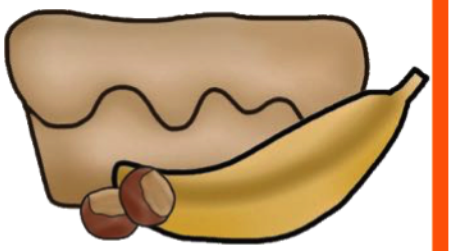

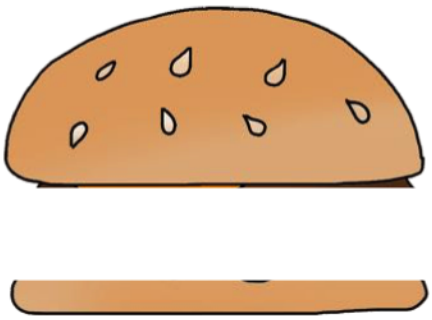

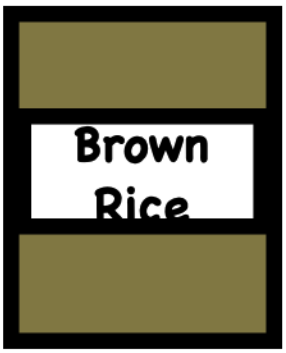

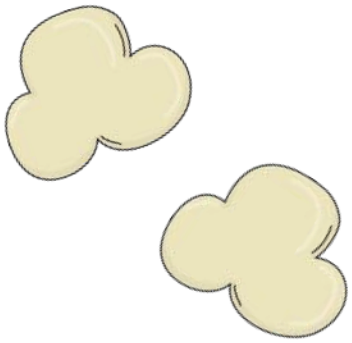

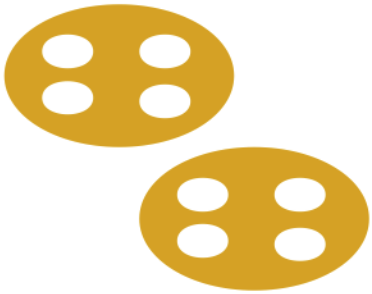

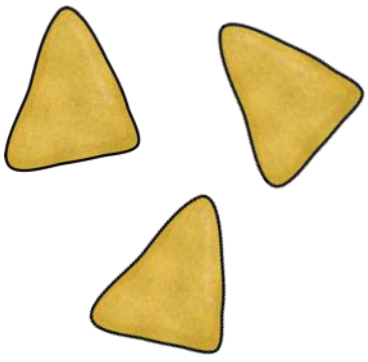

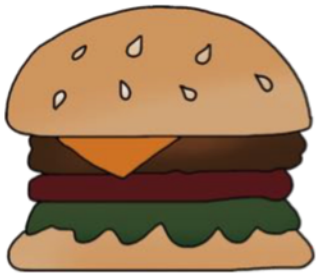

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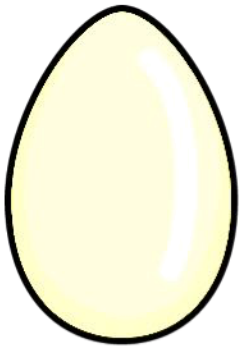

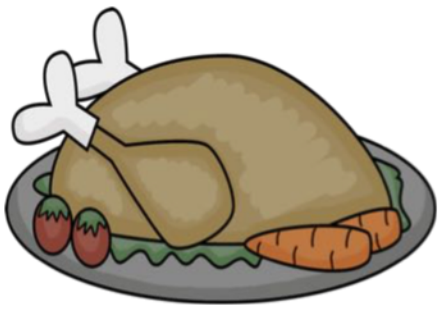

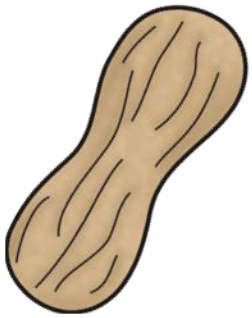

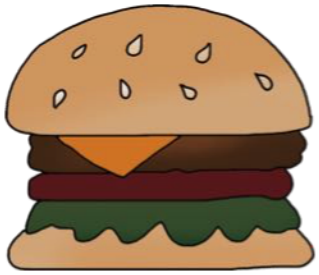

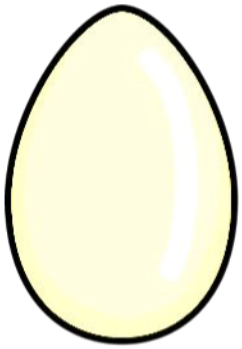

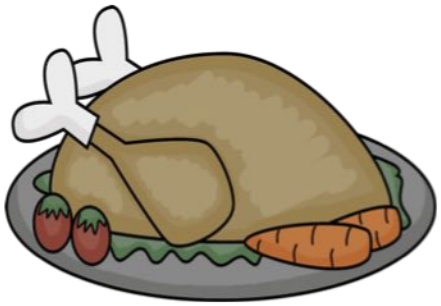

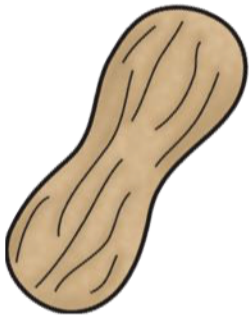

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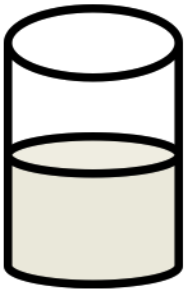

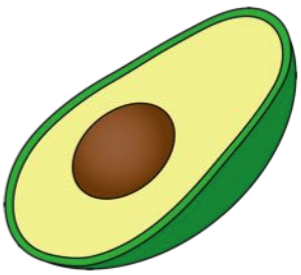

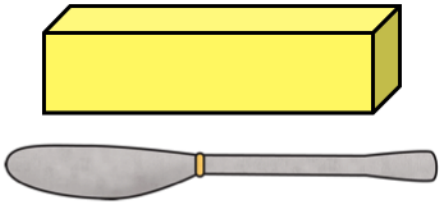

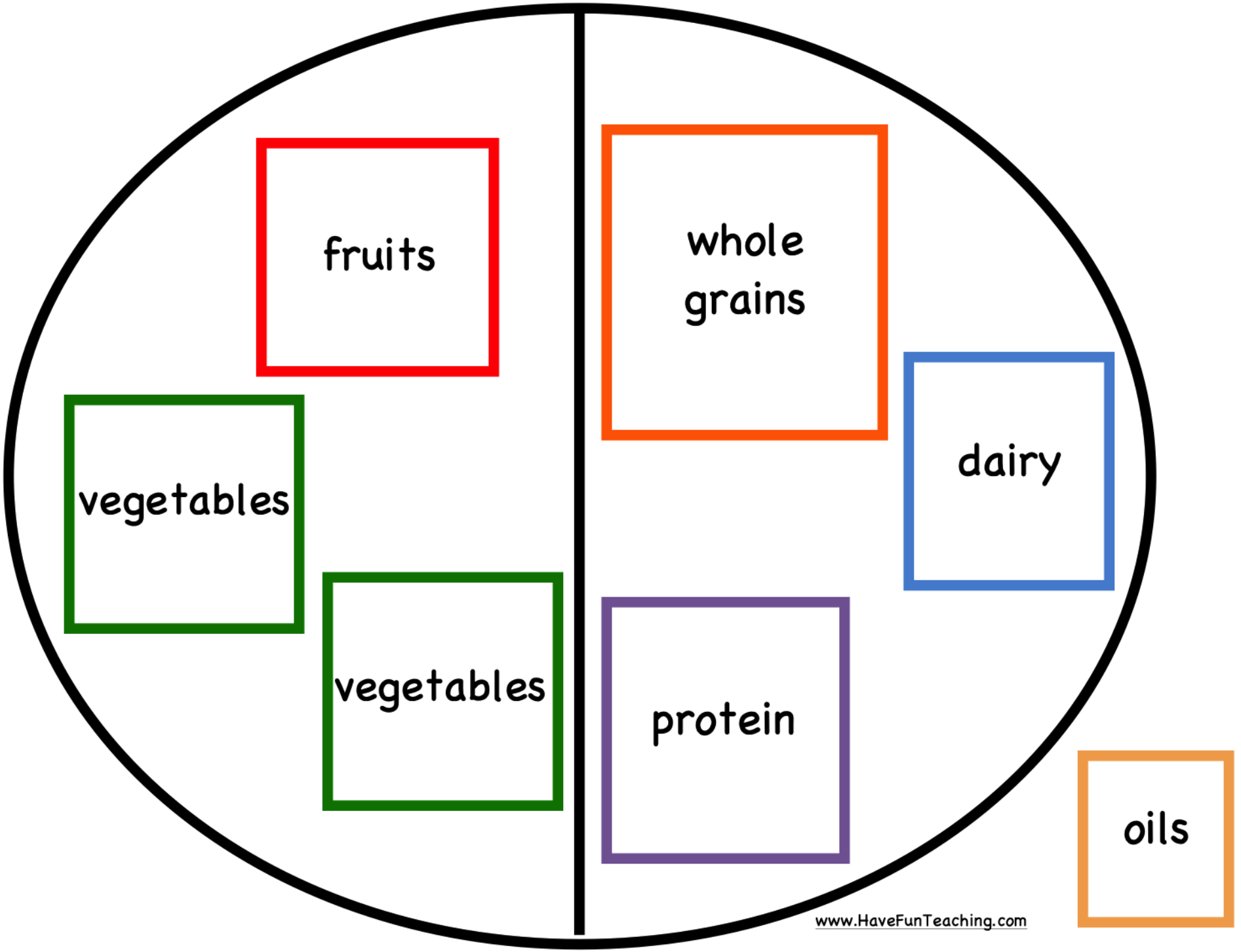
fruits
vegetables
vegetables
whole grains
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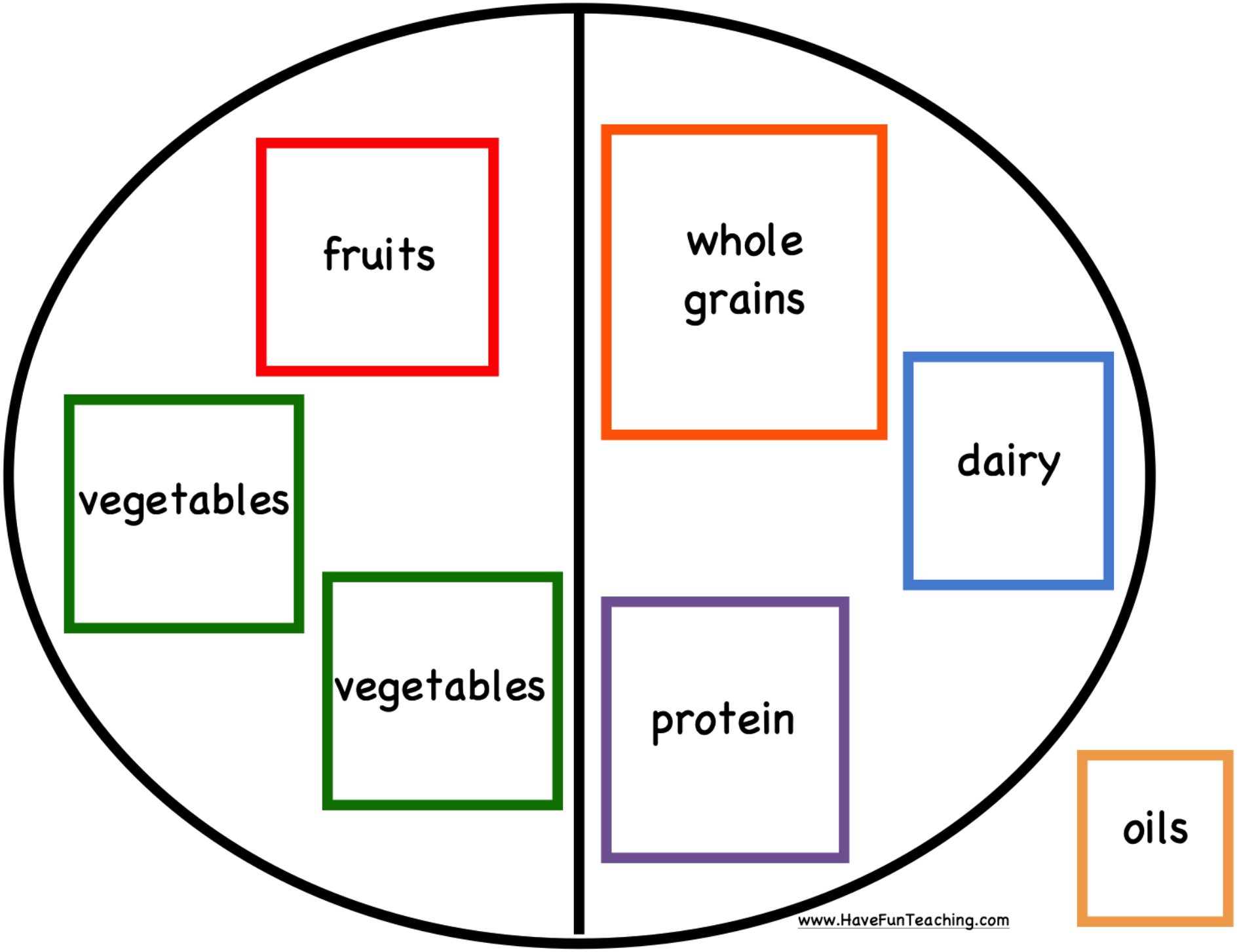
fruits
vegetables
vegetables
whole grains
dairy
protein
oils
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Name _____

Directions: Think of a food that belongs in each My Plate category and write on the lines below.

Fruit: _____

Vegetable: _____

Whole Grain: _____

Protein: _____

Oil: _____

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